# **EKHCS**Whole Health 102

# Mhole Health for You & Me

Designed to guide you in exploring Whole Health and considering how it can be used to improve your health and well-being.

# Identify your Mission, Aspiration or Purpose

What would I do if I had more time for me?

### **Explore the Circle of Health**

Develop your own personal plan based on what matters to you.

## The Process of Change

Create realistic and obtainable goals for yourself.

### **Keeping it Going**

Identify tools and support to empower your success.

Learn about EKHCS resources that support and empower your health and wellbeing that available to you for free.

This class includes (4) 1 hour sessions on teams, available each quarter. To register for your spot, go to the EKHCS Education Learning Calendar, find a scheduled time and click on the registration link.

CME accreditation (4 hours) is available through JA IPCE, ACCME, ACCME-NP, ACPE, ANCC, CA BRN, APA, ASWB, NYSED, ACHE, AOTA, and CDR. Attendance at all four hrs. of training is required to obtain Continuing Education (CEU) credits available through EES.